



# Family Fun in the Kitchen

## Spring

### Tips for teaching young cooks

Use this three-step method to teach children specific skills, such as using a knife, shredding vegetables, removing hot foods from a microwave, etc.

1. Explain the task, pointing out any safety tips/concerns.
2. Demonstrate how you want the child to complete the task.
3. Have the child demonstrate the task back to you.

*Reminder—9- to 12-year-olds can:*

- Open cans
- Use a microwave oven
- Prepare simple recipes with few ingredients
- Use an oven (with supervision)
- Use a knife (with supervision)
- Shred cheese and vegetables

### Now's the time to replace screen time with outdoor time ...

- Take family bike rides and walks
- Play soccer or tag or on playground equipment
- Fly kites
- Plant flowers or a garden together

### If you do, your children will be more likely to ...

- Do better in school
- Be more active
- Eat healthier
- Have a healthy weight
- Be better behaved

### For more information

Visit this ISU Extension Web site

**Nutrition** (Facts, tips, recipes, more)—  
[www.extension.iastate.edu/healthnutrition/](http://www.extension.iastate.edu/healthnutrition/)

*Cooking together as a family can help you model hand washing, healthy eating, and learning by making mistakes. It is quality time spent together and gets the meal on the table faster!*

### Recipes to try **Asparagus Wrap**

*Never tried asparagus? Here's your opportunity for a quick snack or as part of a meal. Makes 1 serving.*

You will need:

- 1 whole wheat tortilla
- 3–5 fresh asparagus spears
- 2 tablespoons shredded cheese

What to do:

1. Wash and trim ends of asparagus spears; pat gently with paper towel. Lay asparagus spears in center of tortilla.
2. Sprinkle cheese over asparagus.
3. Roll tortilla around asparagus and cheese.
4. Place rolled tortilla on microwave-safe plate; cover with waxed paper.
5. Microwave for 1 to 2 minutes, until cheese is melted and asparagus is slightly tender.

*Nutrition facts for 1 wrap:*

210 calories, 6.8 g fat, 8.8 g protein, 28.4 g carbohydrate, 4 g fiber, 432 mg sodium

### Kitchen safety reminders:

- Adults should supervise children in the kitchen at all times.

- Always turn pot handles toward the back of the stove so no one can accidentally bump or knock them over.

- Keep paper towels, dish towels, napkins, and pot holders away from the stove top to avoid fire.

- Don't put knives or other sharp objects into a sink full of water. Someone could reach in and get hurt.

### **Fruit and Yogurt Parfaits**

*Great for breakfast, snacks, or dessert. Makes 4 parfaits.*

You will need:

- 2 cups cut-up fruit—fresh, unsweetened frozen (thawed and drained), or canned unsweetened (drained)
- 2 cups low-fat or fat-free vanilla yogurt
- 1 cup granola-type cereal

What to do:

1. Put 1/4 cup fruit into each of 4 bowls.
2. Spoon 1/4 cup yogurt over each.
3. Repeat with another 1/4 cup fruit and another 1/4 cup yogurt.
4. Sprinkle 1/4 cup cereal on top of each.

*Nutrition Facts for each parfait:*

89 calories, 1.2 g fat, 4.1 mg cholesterol, 66 mg sodium, 15.9 g carbohydrate (1.1 g fiber, 13.5 g sugar) 4.5 g protein

**FIND MORE RECIPES at this Web site—  
[www.extension.iastate.edu/food](http://www.extension.iastate.edu/food)**

- Keep electrical appliances away from water to avoid shocks.

- Make sure oven, stovetop, and other cooking appliances are turned off when you are finished.

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